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Dahl promoted to three stars, takes over U.S. Army Installation Management Command

By Army Staff Sgt. Joshua Ford
 U.S. Army Installation
 Command Public Affairs

Lt. Gen. Kenneth R. Dahl took command of U.S. Army Installation Management Command from Lt. Gen. David D. Halverson during a change-of-command ceremony at the Fort Sam Houston Theater Nov. 3.

Gen. Mark A. Milley, the 39th Chief of Staff of the Army, presided over both the change-of-command ceremony and Dahl's promotion ceremony that took place earlier.

"K.D. (Dahl) is immensely qualified to be the commanding general," Milley said. "He's a proven combat leader, he's a man of great character and I have no doubt in my mind that he's going to take IMCOM to the next level of excellence."

Until today, IMCOM and the Office of the Assistant Chief of Staff for Installation Management were commanded by one three-star general in a "dual-hatted" status. The creation of a new 3-star position and the decision to make IMCOM directly report to the Chief of Staff of the Army indicates how important the mission is to senior Army leadership.

IMCOM manages all the day-to-day infrastructure and support programs on Army installations, allowing mission commanders to focus on their mission: to fight



Photo by Tim Hippius

Lt. Gen. Kenneth R. Dahl (left) receives the unit flag from Chief of Staff of the Army Gen. Mark A. Milley and becomes the new commanding general for U.S. Army Installation Management Command at Fort Sam Houston Nov. 3. In the background at the ceremony in the Fort Sam Houston Theatre are IMCOM Command Sgt. Maj. Jeffrey Hartless (center) and Lt. Gen. David Halverson, the former IMCOM commander and current Assistant Chief of Staff for Installation Management.

and win the nation's wars. It also allows for cost avoidance and cost savings by centralizing management and purchasing power, and enables Soldiers to focus on preparing for the current and future fight because they know their families at home are being cared for.

Dahl pledged that IMCOM would

continue to provide the best support for command teams at Army installations around the world under his command.

"Having never served at the same place twice I can be justly accused of being an expert at nothing, but I will give myself

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Instructor pilot offers personal look at how CFC helps

By Maj. Neil Gregory

37th Flying Training Squadron
Columbus Air Force Base, Miss.



The Combined Federal Campaign is something I look forward to each year. It is important to me because it easily permits me to support organizations that raise awareness, funds research and assists those afflicted by a rare genetic disorder that runs in my family.

One of my older brothers and his son both have the disorder. As my mother was single and working hard to make ends meet, money to pay for surgery to straighten his spine and continuing treatment would not have been possible if it were not for charities supported by military and civilian Airmen.

My brother lived for years with chronic pain and ultimately lost his life as a result of the obscurity of his illness. Doctors were uninformed on how to recognize and treat the rupture of one of his arteries.

Fortunately, my nephew is receiving better care, but the continuing cost of medication and several major surgeries he endured and will endure would not be possible without continued research and the generosity of donors to the charities that defrayed

much of the cost.

My support for the CFC stems from my desire to prevent anyone else from suffering the way my brother, his son and family members around them have.

So why donate through the CFC? It makes donating easy and fundraising more effective.

Before the CFC, individual charities could solicit government employees whenever and wherever. Supervisors in some cases picked charities, and pressured employees to meet arbitrary goals, and funds raised for charities were disappointingly low. The system was a free-for-all and charities and employees were dissatisfied with the process.

Established in 1964,

the CFC addresses these issues by making the system voluntary, once a year, and provides a list of reputable charities. The fact that donors can have funds deducted directly from their pay further increased contributions.

Since the first campaign in 1964, federal employees have donated more than \$7 billion for the charities and causes near and dear to them. This year, you can choose from more than 22,000 participating charities.

I encourage you to consider giving through the CFC because:

- Payroll deduction lets you spread your contribution across the entire year.
- A CFC pledge gives your charity a steady source of

revenue throughout the year.

- It is convenient for you (in most cases), you can pledge online, and provides you with tax records.
- It shows all Americans that federal employees care about our communities.

Charities that do not receive pledges will not receive CFC funds. You can decide how much to contribute and which participating organization receives your contribution.

If you chose to donate or have questions about the process, please reach out to your squadron CFC keyworkers. These donations make a huge difference to so many folks locally and internationally, and you can choose who specifically to help.

U.S. Army Criminal Investigation Command warns of extortion, blackmail scams against Soldiers, family members, civilians

By Mary Markos

U.S. Army Criminal Investigation Command Public Affairs

For many, the words "extortion" and "blackmail" bring forth images of Hollywood movies, celebrities having illicit affairs and corporations trying to hide a wrongdoing.

In today's world of Internet communications, Internet dating and social networking, extortion and blackmail can happen to anyone who discusses, admits, or posts a lapse in judgment or their personal or financial issues over the Internet.

More alarming, extortion and blackmail can happen to innocent individuals whose personal information has been stolen as part of a data breach.

The U.S. Army Criminal Investigation Command, or CID, warns the Army community to be aware of Internet extortion and blackmail scams and report any instance where a Soldier, Army dependent or Army civilian is or has been faced with threats involving the payment of money or other valuables.

Extortion and blackmail are crimes that

have grave consequences for its victims, to include financial loss.

The FBI's Internet Crime Complaint Center 2014 Internet Crime Report stated that more than \$16 million dollars was extorted from victims that year.

"In many instances, the situation begins when an unknowing victim is befriended by someone on the Internet, often as part of an online dating or social media site," said Daniel Andrews, director of CID's Computer Crime Investigative Unit.

"The scammer quickly builds a friendship and

trust with the victim, and will begin to ask for or discuss information or photos that could be hurtful to one's personal or professional life if revealed," Andrews added. "Because the victim does not realize they are being scammed, they see the requests or discussion as a normal part of the developing friendship and are willing to share the information."

To the victim's surprise, Andrews said, the scammers then threatens to release that information if money is not paid.

Another instance of extortion can occur

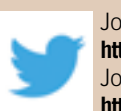
when scammers obtain an individual's personal information as part of a data breach. Such breaches, according to the Identity Theft Resource Center, occurred 591 times in the first nine months of this year alone, compromising more than 175 million records.

"Following a data breach, these scammers, these criminals, may try to extort money from individuals who have a personal, financial, or medical condition they would not want exposed," Andrews said.

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News Briefs

502nd Air Base Wing Commander's Calls

The 502nd Air Base Wing Commander's Calls for Joint Base San Antonio-Fort Sam Houston is scheduled for 9 a.m. Friday at the Evans Theater. For JBSA-Randolph, the commander's call is at 9 a.m. Monday at the Fleenor Auditorium, while at JBSA-Lackland, it is at 2 p.m. Wednesday at Mitchell Hall. The JBSA-Camp Bullis event is at 9:30 a.m. Nov. 23 at building 6001.

2015 Federal Benefits Open Season Underway

The open season for the Federal Employees Health Benefits Program (FEHB), Federal Employees Dental and Vision Insurance Program (FEDVIP) and the Federal Flexible Spending Account Program (FSAFEDS) continues through Dec. 14. Enrollment in a Self Plus One option is now available for the FEHB and enrollment in this program will satisfy the Affordable Care Act's minimum essential coverage requirement. FEHB election are effective Jan. 10, 2016 and will be reflected on leave and earnings statements for the pay period ending Jan. 23, 2016. FEDVIP elections are effective Jan. 1, 2016. The benefit period for health care and limited expense flexible spending accounts runs from Jan. 1 to Dec. 31, 2016. The benefit period for dependent care flexible spending accounts runs from Jan. 1 of the current year through March 15 of the following year. Federal employees can find more detailed information on making an open season election on the myPers website at <https://myPers.af.mil>.

Free parenting order legal clinics available

All three Joint Base San Antonio judge advocate general offices and the Texas Attorney General's staff offer military parents free parenting order legal clinics to answer questions about paternity, child support and parenting time. At JBSA-Randolph, the clinic is from 11 a.m. to 1 p.m. Wednesday at the Military & Family Readiness Center, 555 F St., building 693. At JBSA-Lackland, the clinic is from 11 a.m. to 1 p.m. Dec. 16 at 1701 Kenly Ave., building 2484, conference room 029. At JBSA-Fort Sam Houston, the clinic is from 11 a.m. to 1 p.m. Jan. 28, 2016 at the M&FRC, 2910 Stanley Road, building 2797. Clinic coordinators ask that parents not bring children to the clinics. For more information, call 652-6781 at JBSA-Ran-

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Joint Base San Antonio's 'Veteran In Blue'

By Kathy Salazar
JBSA-Fort Sam Houston
Public Affairs

The U.S. Air Force's "Veterans in Blue" program showcases veterans who have helped shape the Air Force with their experiences.

Each year, veterans are selected thought the United States to participate in the program and their portraits are displayed on the fifth floor of the Pentagon in Washington, D.C.

For this Veterans Day, Joint Base San Antonio celebrates retired Col. Robert Inghram.

Inghram, born May 18, 1920, became a 2nd Balloon Company fighter pilot with the U.S. Army Air Corps in July 1941.

After graduation from pilot school, he went to Selfridge Field in Michigan. Inghram was then assigned to the 31st Fighter Group flying P-39 Airacobras



Photo by Kathy Salazar

Retired Col. Robert Inghram sits in a replica of a World War II bunker, along with this 1941 flight school graduation photo. Inghram was one of three Americans to dig in the Tom, Dick and Harry tunnels also known as the Great Escape tunnels at the Stalag Luft III German prison camp during World War II.

and later flew Spitfires with the Royal Air Force during World War II.

While flying over the English Channel during

the Dieppe Raid Aug. 19, 1942, Inghram was shot down after his fifth mission. Inghram spent 33 months at the Stalag

Luft III prison camp in the German province of Lower Silesia and was one of three Americans in 1944 to help dig the "Great Escape" tunnels called Tom, Dick and Harry.

After the war, Inghram held a variety of duties including legal and personnel officer and was deployed to Panama, Puerto Rico, Canada and then to Udorn during the Vietnam War, where he organized the Airborne to Battlefield Command and Control Center.

At McGuire Air Force Base, N.J., Inghram flew the embassy run and was later in charge of the Boeing EC-135 Advanced Range Instrumentation Aircraft at Patrick Air Force Base, Fla.

Retiring after 28 years of military service, Inghram went to work for Pan American Airlines as a contractor for the NASA Space

Center in Houston, which provided operations and maintenance for the shuttle program while the shuttle was on the ground. Inghram retired after 20 years of service with Pan Am.

After retiring from Pan Am, Inghram received a master's degree in education and shared his World War II experiences with students of all ages, along with civic groups and is a life member of the Order of the Daedalians.

Despite almost losing his life during a 1941 refueling exercise, to this day, Inghram maintains his fondest memory in the Air Force was when "Gen. Patton's 3rd Army brought an end to his behind-the-wire experience as a prisoner of war."

To see veterans' portraits and stories, past and present, visit <http://static.dma.mil/usaf/veterans>.

Army chief of staff visits injured service members at Center for the Intrepid

By Lori Newman
BAMC Public Affairs

U.S. Army chief of staff Gen. Mark A. Milley visited with wounded service members during a town hall-style meeting at the Center for the Intrepid Nov. 4.

Milley started by outlining his priorities, explaining that his first priority was readiness of the force, because the U.S. Army is still actively engaged in combat operations around the world.

"Readiness is the number one priority of the United States Army," Milley said. "The second priority is the future of the U.S. Army, 25 to 30 years from now."

The third priority, the general said, was not in order of importance, but is "always a priority."

"Readiness is your current operation, the future of the force is your future operation and your always operation is to take care of



Photo by Robert Shields

Army chief of staff Gen. Mark A. Milley visits with wounded service members during a town hall-style meeting at the Center for the Intrepid on Fort Sam Houston Nov. 4.

See MILLEY, P6

Mission and Installation Contracting Command welcomes new enlisted leader

By Daniel P. Elkins
Mission and Installation
Contracting Command
Public Affairs Office

Members of the Mission and Installation Contracting Command at Fort Sam Houston welcomed their new command sergeant major Nov. 3.

Command Sgt. Maj. Tomeka O'Neal became the command's fourth command sergeant major during an assumption of responsibility ceremony officiated by MICC commanding general Brig. Gen. Jeffrey Gabbert.

"The MICC and the Army deserve a leader who sets the standards for others to follow and also can speak for the members of the command because she will feel the pulse of our workforce," Gabbert said. "She truly

cares for her Soldiers and those she works with. That is what sets her apart from all others, and we at the MICC are very fortunate to have her on our team."

O'Neal comes to the MICC from the U.S. Army Sergeants Major Academy following an assignment as the 1st Infantry Division's Sustainment Brigade command sergeant major at Fort Riley, Kan.

"Today is a great day and I want each and every one here to know that I consider myself a member of the greatest institution on the face of this earth, and it is the United States Army," O'Neal said. "I believe wholeheartedly in the teamwork that our civilians and military within this command provide to the warfighter while

upholding the highest quality of life for our Soldiers and their families on a daily basis through day-to-day contracting operations."

The assumption of responsibility ceremony included the passing of the MICC colors. The colors symbolize the heritage and history of the organization as well as unity and loyalty of its Soldiers. As the MICC command sergeant major, O'Neal is the keeper of the colors.

O'Neal's leadership experience includes positions at various levels of increased responsibility supporting the warfighter within the sustainment arena, to include the U.S. Army Special Operations Command, medical commands and infantry divisions.

Headquartered at Joint

Base San Antonio-Fort Sam Houston, Texas, the MICC is a one-star command made up of more than 1,500 military and civilian members assigned to three contracting support brigades, one field directorate office and 32 field offices that provide contracting support across the Army.

The MICC supports the warfighter by acquiring equipment, supplies and services vital to the U.S. Army mission and well-being of Soldiers and their families. The command also supports the Army's contingency and wartime missions by rapidly deploying trained and ready contingency contracting Soldiers around the world to provide operational contracting support in the procurement of goods and services in austere environments.



Photo by Daniel P. Elkins

Command Sgt. Maj. Tomeka O'Neal (left) accepts the Mission and Installation Contracting Command colors from Brig. Gen. Jeffrey Gabbert as color bearer Staff Sgt. Larry Taylor looks on during an assumption of responsibility ceremony Nov. 3 at Fort Sam Houston. Gabbert is the MICC commanding general.

CHIEF OF ARMY NURSE CORPS MAJ. GEN. JIMMIE KEENAN RETIRES

Lt. Gen. Patricia D. Horoho (left), U.S. Army Surgeon General and commanding general, U.S. Army Medical Command, and Command Sgt. Maj. Gerald C. Ecker (right), MEDCOM Command Sergeant Major, congratulate Maj. Gen. Jimmie O. Keenan (center), deputy commanding general (operations), U.S. Army Medical Command and chief, U.S. Army Nurse Corps, on her retirement Nov. 2. Keenan served more than 29 years on active duty and served as the 24th Army Nurse Corps chief from 2011-2015.

Photo by Ann Bermudez



HELICOPTERS GAIN GROUND DURING VIETNAM WAR



Photo courtesy U.S. Army Medical Department Center of History and Heritage

In this photo from May 18, 1963, U.S. Army advisors load a wounded South Vietnamese soldier into a helicopter ambulance. Used experimentally at the close of World War II, helicopters gained greater utilization during the Korean War. During Vietnam, helicopters used for transportation and medical evacuation became icons on the battlefield.

News Briefs

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dolph, 671-5789 at JBSA-Lackland and 808-0169 at JBSA Fort Sam Houston.

Fort Sam Houston Museum Open

Take a step into history at the Fort Sam Houston Museum in the Quadrangle, building 16, the oldest structure on the installation. The museum chronicles the history of the Army in San Antonio from its arrival in 1845 to the present. Learn about the vital role Fort Sam Houston played in the development of the Army and connect with the Soldiers who served on this historic post. The museum offers numerous services for military members and their families to include professional development, neighborhood histories and special history searches for the kids. Admission to the museum is free to all active duty service members, retirees, civilians and family members. The hours are 10 a.m. to 4 p.m. Tuesday-Friday, noon to 4 p.m. Saturday and closed Sunday, Monday and federal holidays. For more information, call 221-1886.

Robert G. Cole High School JROTC Turkey Shoot

The Robert G. Cole High School Junior ROTC sponsors and annual Turkey Shoot from 8 a.m. to noon Saturday at the Cole High School Air Rifle Range at 4001 Winans Road on Fort Sam Houston. The event consists of a shooting competition divided into eight age categories, from elementary school to adult, with prizes in each category. Tickets can be purchased at the event itself or from any JROTC cadet prior to the event.

16th Annual 'Honoring The Veterans' Pow Wow

U.S. Army North hosts the 16th Annual "Honoring the Veterans" Pow Wow at the Fort Sam Houston Quadrangle from 10:30 a.m. to 4 p.m. Nov. 21. Visitors with identification can enter the Walters Street Entry Control Point. A blessing and opening remarks takes place at 10:30 a.m., gourd dancing at 11 a.m., grand entry at 12:30 p.m. and closing ceremony at 4 p.m. For more information, visit <http://www.unitedsanantoniopowwow.com>.

Budge Dental Clinic Welcomes Army North, Army South Soldiers

The Budge Dental Clinic at 3145 Garden Ave. now provides dental treatment for all U.S. Army North and U.S. Army South Soldiers. Hours of operation are 6 a.m. to 3:30 p.m. Monday through Thursday and 6 a.m. to 3 p.m. Friday. Call 808-3735 or 808-3736 for more information.

San Antonio Military Medical Center decontamination team among best in Texas

By Steven Galvan
USAISR Public Affairs

San Antonio is well-known throughout Texas for hosting one of the nation's largest and best rodeos with the world's best cowboys and cowgirls competing for top prizes in bareback, bull riding, barrel racing, steer wrestling and other traditional rodeo events.

On Oct. 29, San Antonio was once again the host of a rodeo, but there wasn't a single bull, horse or a cowboy to be seen.

Instead, the area's best hospital decontamination teams from the southwest Texas region competed in a "Decon Rodeo." The rodeo, designed to improve response times and promote team building, was hosted by the Emergency Medical Service/Hospital Disaster Group Decon-Radiation Safety Officer Committee and the Southwest Texas Regional Advisory Council for Trauma.

The San Antonio Military Medical Center Decon Team placed second this year, just a couple of points behind the winning team from the Children's Hospital of San Antonio.

A total of eight six-person teams competed in the annual event where they were judged in five timed events: assembly and disassembly of a portable decontamination tent; personal protective equipment donning and the decontamination process of a manikin; a written exam and the use of a radiation detector to detect radiation on a patient.

"We were well-prepared this year," said 1st Lt. Eric Bracamonte, SAMMC decon team officer in charge.

SAMMC's team competed last year, coming in fourth place out of four teams. This year, the team was perfect in three events and had the best time in two. SAMMC decon team leader Sgt. T.J.



Photo by Steven Galvan

The San Antonio Military Medical Center decontamination team springs into action to assemble a portable decontamination tent during the Decon Rodeo Oct. 29 hosted by the Emergency Medical Service/Hospital Disaster Group Decon-Radiation Safety Officer Committee and the Southwest Texas Regional Advisory Council for Trauma.

Chavez, assigned to the U.S. Army Institute of Surgical Research Burn Center, credits that to the teams' determination to goal to win.

"We've been training since June," he said. "But we really ramped up our training during the last month."

Chavez added that every team in the competition was a winner

because it's all about being trained and prepared when called for a real event requiring the response of the decon team.

"It's also an excellent opportunity for all of the teams to get together and learn from each other," he said.

The SAMMC decon team trains monthly and has 70 Soldiers and

Airmen assigned to the hospital and the USAISR Burn Center trained and ready to respond when the call comes.

"I am very proud of the team's performance," Bracamonte said. "They did a great job and I'm confident that we will be able to respond quickly and accurately when needed."

MILLEY from P3

troops and their families," Milley said. "It's that third category that I want to talk to you all about."

Milley said he was committed to making sure Soldiers, their families and civilians are taken care of, not just while on active duty, but for life.

"It is my goal that we fulfill that commitment to those who have raised their right hand to serve," he said. "One of the most important

things people in the military have come to expect and deserve is quality medical care."

Milley encouraged all service members to ask questions. Retired Col. Stanley Thomas, a current patient at the CFI, asked about future funding and support for the Center for the Intrepid.

"I want to make sure that our troops are taken care of – period, regardless of cost," Milley said, adding that he can't predict the future, but at some point,

we are likely to engage in more conflicts around the world.

"As chief of staff of the Army, I need to make sure that places like this continue to operate," he said, stressing his commitment to ongoing support.

Milley expressed his awe of the entire military medical system and the ability to save lives on the battlefield.

"I'm not going to waste good efforts and lessons learned in the last 15 years of combat. Military medicine is re-

ally on the leading edge of so many advances in medicine," Milley said.

The service members asked a variety of questions including the length and frequency of future deployments and the ability to stay in the military after being injured. He handed several service members business cards with his contact information so they could contact him personally with their questions and concerns.

Before Milley left, Air Force veteran Colton

Read, double amputee, wanted to make sure the Army chief of staff understood how much the CFI helped him during his recovery.

"Personally, I have been here since 2009 and I just want to tell you how important this place is," Read said. "Being able to come back here after being retired ... I know it's beneficial for a lot of guys to come back here after some time has passed, so we can do it for ourselves and become more successful."

U.S. Army South committed to supervisor development

By Sgt. Mahlet S. Tesfaye
U.S. Army South Public Affairs

At U.S. Army South on Fort Sam Houston, Department of the Army civilian employees and military personnel work together every day to accomplish the mission. However, the rules and regulations for civilian and military personnel are very different and supervisors must know what to do when it comes to civilians.

The Department of the Army has mandated all supervisors take an online course, which covers the entire spectrum of supervisor development and gives managers a general outline.

In addition to the online course, Army South conducted its first supervisor development

course Oct. 27-28 at the Army South headquarters to provide military and civilian managers with the training and information needed in order to execute their duties and responsibilities as supervisors of civilian employees.

"This course is Army South-centric and provides the face-to-face knowledge that has been lost from online courses," said Army South human resources specialist Nicole Smith. "It is tailored to our command and allows supervisors the opportunity to ask questions and acquire knowledge they would not get from the online course."

There are misunderstanding about civilian employees and supervisors' relationship and the supervisors' role as

a leader. The course provided the opportunity to ask questions and get clarification on specific supervisory situations.

Maj. Chris Folk, Army South political military affairs division chief, is new to a supervisory role to four civilian employees and said the class was very beneficial.

"I learned the availability of resources within our command and knowing where to go to facilitate our role as supervisors," Folk said.

Throughout the course, participants learned the process in hiring and firing civilians, disciplinary actions, leave, awards and benefits. Participants also learned what it takes to have an effective and func-

tional relationship between employees and supervisors.

According to Bill Maner, Army South chief program guide branch, the course provided him with the latest information and resources on the supervisory role.

"I learned the function of supervisors is to remove obstacles by having honest and open communication with employees and to promote honesty and trust within the office," said Maner, who has five years of experience supervising civilians within the command.

As a trainer and civilian human resources expert in the command, Smith is confident any supervisor who takes the course will benefit and improve their ability to



Photo by Sgt. Mahlet S. Tesfaye

U.S. Army South lawyer Adam Stoffa explains the legal aspect of the supervisor-civilian employee relationship during a supervisor development course Oct. 27-28 at the Army South headquarters.

manage and lead their employees.

"Our hope is that they will at least walk away with a better

understanding of how to supervise civilians and know who the key players are when they need assistance," Smith said.

Armed Forces Action Plan forum wraps up at JBSA-Fort Sam Houston

By Steve Elliott
JBSA-Fort Sam Houston
Public Affairs

The Armed Forces Action Plan, renamed locally from the Army Family Action Plan to reflect the military branches represented throughout Joint Base San Antonio, provides a way for people to let local leadership know what works, what doesn't and how problems should be resolved.

A three-day forum was held Nov. 3-5 at the U.S. Installation Management Command Academy on JBSA-Fort Sam Houston, with delegates, facilitators and many more participants gathering to give members of the community

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Brig. Gen. Bob LaBrutta (left), commander of the 502nd Air Base Wing and Joint Base San Antonio, and Lt. Gen. Perry L. Wiggins, (right), commanding general of U.S. Army North (Fifth Army) and senior Army commander of Fort Sam Houston and Camp Bullis listen as issues are brought up during the JBSA Armed Forces Action Plan forum outbrief at the U.S. Installation Management Command Academy on JBSA-Fort Sam Houston Nov. 5.



Photos by Steve Elliott

Keely Watson from the Youth Workgroup discusses some of the issues brought up during the Joint Base San Antonio Armed Forces Action Plan forum outbrief at the U.S. Installation Management Command Academy on JBSA-Fort Sam Houston Nov. 5.

Air Force's Operation Home Cooking phone lines are open

San Antonio area families can express their warmth and hospitality to Airmen and trainees at Joint Base San Antonio-Lackland by allowing them an opportunity to enjoy a holiday meal and family atmosphere through Operation Home Cooking Nov. 26.

Families within the San Antonio metropolitan area may invite two Airmen or trainees to spend Thanksgiving in their home by calling

671-5453, 5454 or 3701.

To request an Airman or trainee by name, the requestor must be an immediate family member, e.g., mother, father, brother, sister or grandparent, and live in the San Antonio Metropolitan area.

Exceptions will be made for Airmen in the seventh week of training.

Requests can be made Monday-Friday from 8 a.m. to 3 p.m.

Reservations are required to serve as hosts

and there will be no same-day requests made.

In its 40th year, the program provides the opportunity for families to share their traditional Thanksgiving celebrations with Airmen and those currently in Air Force Basic training.

Throughout the years, families have generously opened their homes to trainees and service members recognizing that many of them are away from home for the first time.

Potential hosts who do not possess a Department of Defense common access card will require a full background check and a visitor's pass prior to being approved as a host.

Hosts can pick up their visitor's pass at the Luke Gate Visitor Reception Center, which is open 24 hours a day, through Nov. 25.

Once the total number of Airmen and trainees eligible for the program is reached,

phone operators will stop taking requests.

Out-of-town relatives who have trainees in basic training that will be graduating during Thanksgiving week may request them by name for Thanksgiving lunch and dinner.

Since trainees are not permitted to have personal transportation during training, hosts must come to the Pfingston Reception Center.

If the Airman or trainee is identified as a

by name request, they will be picked up from their respective squadrons Thanksgiving Day between 7 and 11 a.m.

All Airmen and basic trainees must be returned to their respective squadrons no later than 7 p.m.

For any questions or concerns, call the 37th Training Wing Public Affairs Office at 671-2128/3136.

(Source: 37th Training Wing Public Affairs)

Mission Thanksgiving gives Soldiers a break at Thanksgiving

Mission Thanksgiving at Fort Sam Houston started more than 20 years ago when area families and the installation chaplains joined to start a program providing an opportunity for Soldiers to take a break from training and enjoy Thanksgiving within a family environment.

On Nov. 26, local Army commanders invite people to welcome Soldiers into their home in recognition of

Thanksgiving Day.

For many Soldiers, Thanksgiving will be their first major holiday away from home and their families. Soldiers are committed to their training and understand the sacrifice of their service, but for some, it can be lonely being away. The charity and dedicated support demonstrate the appreciation the community has for their service and sacrifice of

their families.

Families will check in at Blesse Auditorium, located on the first floor of Willis Hall at the U.S. Army Medical Department Center & School, Health Readiness Center of Excellence between 7-8 a.m. Nov. 26.

After opening remarks by Maj. Gen. Steve Jones, AMEDDC&S HRCOE commanding general, from 8-8:15 a.m., families and Soldier will depart at 8:15 a.m.

The Soldiers must return no later than 9 p.m. at the 232nd, 187th and 264th Medical Battalion areas.

For registration and

maps detailing the Army's 2015 Mission Thanksgiving at Fort Sam Houston, call 295-699 or 221-1271, send an email to usarmy.jbsa.

medcom-ameddcs.mbx.mission-thanksgiving@mail.mil or visit http://www.cs.amedd.army.mil/mission_thanksgiving.aspx.

Did you know?

One of the best things about ICE is that people can let service providers know when they do a great job, not just for poor service. It takes 5 minutes or less to submit a comment at <http://ice.disa.mil>.



U.S. Army South family shares story of hope

By Maj. Jamelle A. Garner
U.S. Army South Public Affairs

Twenty-one months ago, Michelle Kirlew was given three months to live. Diagnosed with pancreatic cancer Dec. 19, 2013, it wasn't until January 2014 that she received the news the disease had spread to major organs within her body, including her liver, pancreas and bloodstream, making her officially in stage four of dealing with the deadly disease.

November is Pancreatic Cancer Awareness Month and Friday is World Pancreatic Cancer Day. Only three percent of people diagnosed with this disease survive this form of cancer, typically due to late diagnosis. Called the silent killer, pancreatic cancer has the lowest survival rate of all 22 common cancers according to <http://www.pancreaticcanceraction.org>.

Refusing to be defined by her circumstances, Michelle and her husband, Sgt. 1st Class Michael Kirlew, assigned to the 1st Battlefield Coordination Detachment at Davis Monthan Air Force Base in Tucson, Ariz., are more than statistics, slogans and a saga of unfortunate circumstances. The 1st BCD is a part of U.S. Army South, headquartered at Fort Sam Houston.

Their story of meeting, falling in love, blending families, adapting to military life and facing the adversities that come from living with a deadly disease maybe more than what most families are equipped to handle. Not so for the Kirlews.

Michael, a field artilleryman with 21 years of active-duty service and Michelle, a New Jersey native, both were previously married and divorced, with one child each before their paths crossed during a chance online encounter through Michelle's sister.

New to the dating scene, Michelle's friends and family were hesitant and over-protective at the prospect of her

dating Michael and only allowed it since Michael was overseas for the first year and they had to date "virtually" online.

Michelle and Michael had their first real date on Valentine's Day 2004. Eighteen months later, they wed.

When Michael asked for Michelle's hand in marriage, he also asked for that he officially adopt her daughter, Madison, and become her father.

Michelle said she quickly took to and embraced every ounce of being a military wife and family.

"We wanted to start a family and I wanted to be pregnant while he was deployed so he could be home with us for the baby's first year," said Michelle.

"I moved back home with my family during my pregnancy," said Michelle, though in retrospect she believes being on base, surrounded by others



Mackenzie lays his head in his mom's lap as he reads one of his favorite books. "Mack" is the youngest of the Kirlew's children.

wives, might have been better. "Other wives understand the struggles and challenges involved with having a loved one gone."

"We were at Fort Campbell on Michael's third deployment and this is

where I decided to stay on the installation and was introduced to the family readiness group," said Michelle. "Being on base was better. I felt more a part of the mission."

"I love everything about the military," Michelle said. From the ladies and Soldiers that assisted her family, to the military medical health care program TRICARE, Michelle said it's all like nothing she's ever experienced before.

On Dec. 15, 2013, Michelle got word that she had a tumor in her pancreas.

"Michael was in the passenger terminal at the Al Udeid Air Base minutes away from boarding an airplane to Afghanistan for a fourth tour," Michelle said.

Knowing the urgency of the situation Michelle's friends and doctors worked tirelessly to get a Red Cross message to Michael about the tumor. Just days later on Dec. 19, she got the call that the tumor was cancer.

Knowing Michael was alone in the airport and on his way home and not wanting to give him such bad news with no one around to comfort him, she waited. Michael only knew he urgently needed to get back home to Michelle. He wasn't aware exactly how dire the circumstances were until the next day.



The Kirlew family motto, "Team Kirlew" etched on stone, just outside the entrance to the family's home, serves a reminder to the family they are in the fight against cancer together.

Since becoming aware of her condition, Michelle endured countless surgeries.

In March, Michelle realizing the cancer had spread to her bloodstream, began chemotherapy and opted for an experimental drug suggested by one of her many doctors.

"I had nothing to lose at this point," Michelle said. "The first six weeks on the experimental drug, the tumor on my pancreas shrunk and the tumors on my liver were gone."

Michelle remembers the urgency of needing authorization for TRICARE from a doctor at Davis Monthan Air Force Base, Ariz., during holiday block leave last December.

During a time when an installation can appear fairly desolate, a member of 1st BCD command team, Lt. Col. Elton Crawford, facilitated the necessary approval and Michelle was able to have one of her many procedures a month later.

"At first we could 'pillow talk' and chit-chat about death and dying," Michelle said, but it all became too gloomy.

Instituting "no-death, no-dying" discussion parameters, Michelle decided it was best to create a small window of time set aside in which they could discuss death. "We no longer talk about death or dying at night, only during the daytime, before noon."

Fast forward a year and Michelle remembers throwing up blood and passing out on her stairs. She recalls Michael dialing 911 and beginning the journey on her most serious bout with



the cancer, which was wreaking havoc on her internally.

Undergoing her most intensive procedure yet, Michelle's doctors cut out her pancreas, spleen, gall bladder and parts of her stomach to clear out the cancer.

"I didn't feel like I was dying," Michelle remembered.

Attributing the military with providing coping and resiliency skills, Michelle said she realized as a family they were going to have to deal with tough issues.

"This is the way it is. We are set up to live and set up to die."

The reactions from Michelle and Michael's children vary. Madison, 15, initially went into a shell and preferred not to talk about "it," though she remains extremely optimistic with progress and positive news, Michelle said.

Mackenzie or "Mack," 9, looks up everything on the Internet, according

to his mom. "He just wants to learn as much about it as he can," she said.

The kids are already on a roller coaster. Trevor, Michael's oldest son, "doesn't quite know how he's supposed to feel," Michelle said. Trevor, 18, lives in Texas with his mother but visits often and as a newly licensed driver helps chauffeur his siblings to different activities.

Insistent on completing Michael's adoption of Madison as she and the family move forward, Michelle says this is an extremely important step for the family to take.

"Madison is such a daddy's girl, imagining her being raised by anyone other than Michael, would be unthinkable," said Michelle with emphasis in her otherwise soft-spoken voice.

After 60 days in and out of hospitals and rehabilitation facilities, Michelle spent the first day home on the couch in anticipation of Michael picking up the kids from school. Joyful and eager to see their mom, in their own home environment, the kids could not resist their enthusiasm and showered Michelle with love, hugs and kisses, which garnered a loving, yet stern reminder from dad.

"Watch her stomach!" Michael told them as the kids, cats and dog all ambushed Michelle with attention.

Constantly celebrating the gift of life, Michelle said she feels very blessed. "Even with the diagnosis, I don't feel cursed."

The 1st BCD military family has been available to us from day one, Michelle and Michael agreed.

"They've watched the kids, prepared meals for the family and been at the hospital during my surgeries." Michelle's energy and voice seem to lift in excitement at the mere mention of Michael's unit.

"They created a food meal plan to feed my family. Some of them are so new to the organization that they don't even know us, yet they all came together and stood by us and I love them ... the friends, family and the military," Michelle said.

"Horrible things happen in the world and to experience the beauty of the relationships and bonds created within the military, these husbands, wives and generous people who have my back is just wonderful," she said.

Among the people who "have the Kirlaw's back" is 1st BCD Commander, Col. Daniel O'Grady, who assumed command of the organization this past summer and learned of the Kirlaw's situation from the outgoing commander.

"As cliché as it may sound, we are all in the same boat together, rowing together. You have to truly live the Army values. If we don't take care of each other, who will?" O'Grady said.

Familiar with the military family support network, O'Grady has deployed seven times in his career and said he witnessed first hand great leaders taking care of Soldiers.

"I was Lt. Gen. Mark Milley's executive officer when the shootings occurred at Fort Hood April 2, 2014," O'Grady said. "I saw him be there for the victim's families, the wounded and for the shooter's wife."

"I'm adamant about making sure the Soldiers and families in this unit are taken care of," O'Grady said.

The BCD commander said he believes, since less than one percent of the U.S. population is serving, anyone willing to raise their right hand and take that oath is special to him. "Sgt. First Class Kirlaw is a great guy, and we as a unit just stepped in to alleviate the burden and help ensure his family would be taken care of," O'Grady said.

(Editor's Note: At the conclusion of this interview, Michelle was declared cancer-free as the result of her most recent surgeries that removed the cancer along with vital organs where the cancer was present. Michelle has since been readmitted for a small infection, but continues to beat unbelievable odds, regaining her strength day by day. Michael and Michelle wholly attribute her overcoming tremendous odds to the military medical support they've received through TRICARE, the support of their military family from Michael's unit and their faith. Michelle was released back home Oct. 7.)



Photos by Maj. Janelle A. Garner

Changes made to Army domestic and child abuse prevention training

The Fort Sam Houston Military & Family Readiness Center's Family Life Program has implemented changes to the process of conducting Army Domestic and Child Abuse Prevention Training.

This training is required for all Soldiers to be completed annually in compliance with Army Regulation 608-18, paragraph 3-2c, Troop Education Program. The senior leader training requirement at AR608-18, paragraph 1-8a (12) and 3-2b are still in effect and are trained through the Family Advocacy Program.

This also pertains to special populations identified at paragraph 2-10d.

All other Army units will be trained by the FLP. Scheduling and tracking of this requirement will be coordinated by the training sections at the major command, brigade and battalion levels and for those units that are below that level but are a stand-alone unit.

Training sections within the unit are responsible for ensuring that their personnel have received the mandated annual training. Percentages of completed training, by unit, will be reported by FLP to the Family

Advocacy Committee on a quarterly basis.

The Fort Sam Houston M&FRC auditorium in building 2797 is reserved two days per month for this training. The number of personnel requested to receive the training will be required at the time of scheduling as multiple units may receive training simultaneously. Seating is limited to 250.

If units have not scheduled training within one week of the scheduled date, that reservation will be cancelled to enable other uses of the facility.

All training sessions are allocated for two hours, 9-11 a.m. and 1-3 p.m. Actual training times should run about an hour to an hour and a half with additional time for questions and answers. The reservation dates are Nov. 19, Nov. 23, Dec. 3, Dec. 15, Jan. 12, Jan. 26, Feb. 9, Feb. 23, March 8, March 22, April 5, April 19, May 10, May 24, June 7, June 21, July 12, July 26, Aug. 9, Aug. 23, Sept. 6 and Sept. 20.

Call 221-0349 or 221-2418 to schedule unit training or to receive additional information.

(Source: Fort Sam Houston Military & Family Readiness Center)

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METC tests wireless technology for learning in pilot program

By Lisa Braun and Gary Schmalz
Medical Education
and Training Campus

The Medical Education and Training Campus at Joint Base San Antonio-Fort Sam Houston is continually looking for new ways to enhance student learning.

Understanding that today's students are more technologically advanced, skilled and oriented to using smartphones and tablets in their daily lives, METC has been exploring ways to incorporate this technology to better deliver and engage students learning in a digital training environment.

On Sept. 2 and Oct. 13, METC implemented two

test pilot programs using two classes in the preventive medicine program.

Students in both classes were issued wireless laptops or Slate tablets that were downloaded with course material. Students can use the devices to follow along with their instructors, take tests and study the material in their private time.

The pilot program, called eMETC, is championed by Brig. Gen. Robert Miller, METC commandant and director of Education and Training for the Defense Health Agency, and supported by director for administration Col. Keith Johnson, as well as dean of academics Navy Capt.

Alan Nordholm.

According to Nordholm, the vision of the pilot program is to provide an interoperable, agile, mobile, secure, value-added dynamic digital learning environment that will optimize delivery of medical training for the Department of Defense.

"The goal is to help students develop the knowledge while utilizing technology, along with the development of important skills to accomplish the mission," Nordholm said.

The eMETC vision is to provide a campus-wide solution with ready student accessibility for dynamic learning and utilize technology-enhanced methods of delivery

without compromising the content of instruction.

As part of this effort, METC will develop support for mobile platforms and the best academic institutional network domains, determine the best methods for educational delivery on institutional and personal electronic devices, and evaluate mechanisms for reach-back capability.

"The objective of this test pilot is to test feasibility of using Slates or similar mobile devices to deliver training and to conduct testing," Nordholm said. "These pilot tests will also help to solicit student feedback on using a mobile device and how it may enhance the student's learning ability."

The initial Phase I planning for eMETC took three months and required a major team effort from information management division, curriculum development division, distributed learning, academic support and many other project team members in order to prepare for the pilot testing in such a very short period of time.

The METC project team is now starting to tackle Phase II for eMETC. Phase II will be implemented over the next three to four years and requires analysis of alternatives to deter-



Photos by Lisa Braun

Navy Capt. Kathy Becker, Medical Education and Training Campus deputy commandant, presents a Slate tablet to Pvt. Darrion Scott, a student in the Public Health Specialist program, class 005-16. Scott's class was one of two classes that was issued wireless laptops or Slates that are downloaded with course material as part of eMETC, a test pilot program to test the feasibility of using mobile devices to enhance learning ability. Students can use the devices to follow along with their instructors, take tests and study the material in their private time.

mine the types of mobile devices and infrastructure to best support a digital environment, tiger teams to assess METC readiness for infrastructure to support a wireless network, instructional delivery using Blackboard and QuestionMark (e-content management platform and e-testing platform respectively), program manning and the technology needed to support instructional delivery in the future.

METC is not alone in testing and looking at

adopting new technologies and mobile devices to enhance the student learning environment, but this project is a monumental effort to help METC achieve the strategic goal of being recognized as a global leader in allied health education, be a center for academic excellence and provide an infrastructure to fully support the METC campus.

This project will place METC education and training on the path to be recognized as a global leader in allied health education and training.



A student in the Public Health Specialist program, class 005-16, utilizes a Slate tablet in class as part of eMETC, a test pilot program. Two Public Health Specialist program classes were issued wireless laptops or Slates to test the feasibility of using mobile devices to enhance learning ability.

IMCOM from P1

credit for knowing a lot about the Army. Knowing where it lives and knowing what it does," Dahl said. "I'm excited to be at this command for I have an opportunity to support all our senior commanders and enabling their critical missions that they execute in their own

commands every single day."

Milley explained that the split will allow IMCOM to be more efficient by placing a proven leader with the command on Fort Sam Houston, rather than have the ACSIM lead from the Pentagon remotely.

"The span of control was not as effective as if

we could split it apart and pick a single lieutenant general to lead IMCOM and then have a staff officer as the ACSIM," Milley said. "Because putting both of them together is difficult and doesn't lead to the most efficient methods of using our leadership."

In Army tradition, Halverson relinquished

command by passing the unit's colors, which symbolizes command, to Milley, who then passed the colors to Dahl, giving him the authority of command and formally recognizing Dahl as IMCOM's commanding general.

Halverson expressed his sentiments of leaving command and taking

the responsibility of the ACSIM.

"This is a bittersweet day as you all know, but it is a great day for the Army," Halverson said. "It's been an honor. Thank you for bringing the Army's home everywhere and we'll continue to do that."

Dahl assured Halverson and those present that he

would ensure IMCOM would continue to be the foundation for Army readiness.

"We will touch the entire Army every single day and everything that it does," Dahl said. "I am thrilled to be the commanding general of installation management command. I totally appreciate how lucky I am and I will not squander a single moment."

New Parent Support Program helps answer questions

By Monique C. Mobley
Family Advocacy Officer
JBSA-Fort Sam Houston

The pregnancy test results are in and ... you're pregnant! Now what?

Your mind may be flooded with thoughts: "What's going to happen to my body during pregnancy?" "How will I care for a baby?" "What if there's an emergency."

You may have numerous thoughts about your pregnancy, raising a baby and how your life may change. But where can you find the answers? The answer is the New Parent Support Program.

The NPSP offers expectant parents and

parents with a child under the age of 3, the opportunity to learn new parenting skills or to improve old ones.

The program's team of registered nurses can provide education and support services in areas such as newborn care, infant stimulation, child growth and development, stress management, role changes, referrals to community resources and other issues that may affect your role as a nurturing parent.

NPSP nurses can provide one-on-one support services through private in-home visits, phone contacts or office visit and always at your convenience.

Having a new baby

can be both a pleasure and a challenge for most parents. However, for military families, parenthood can pose special concerns due to separation from supportive family members.

NPSP can provide guidance and support to help parents cope with challenges they may face and help them develop into skilled, loving, nurturing parents.

The NPSP is voluntary, free and easy to join for active duty service members and their families. Contact the New Parent Support Program at 808-6468 for Joint Base San Antonio-Fort Sam Houston, 292-5967 at JBSA-Lackland and 652-6308 at JBSA-Randolph.



Photo by Airman 1st Class Daniel Blackwell

Preparing for a newborn child can be exhausting; new parents often spend a significant amount of time and energy reading books, seeking council or simply worrying about the well-being and safety of their unborn child. The New Parent Support Program is geared towards helping first-time parents, as well as parents with new additions to their family, feel confident in their ability to raise their children.

EXTORTION from P2

The FBI report gave one example, called payday loans, deferred-deposit check loans or cash advance loans, as the most abundant type of extortion scam reported.

The scam takes place when an individual's personal information has been revealed to what may appear to be a legitimate business. The scammer calls the individual notifying them that a loan in his or her name is delinquent and must be paid in full to avoid legal consequences. The scammer has accurate information, such as social security numbers, birth dates, bank account numbers, etc., and poses as a representative of a legitimate agency collecting debt. The scammer often refuses to provide details of the alleged loan and may become abu-

sive when questioned.

The FBI report further states that victims are often threatened with legal action, arrests, and in some cases physical violence if they refuse to pay.

"Extortion is a touchy subject," Andrews said, "because it often deals with intimate or very personal information. Army personnel, however, need to be upfront and report it, and they should not pay any money if they are being extorted."

CID officials said the best thing Soldiers, civilians, and their family members can do is to try to prevent it from ever taking place.

All are encouraged to be cautious with their online presence and what information they give to people they have met online or via email and be vigilant when receiving calls from individuals

posing as legitimate businesses.

Whether or not your data has been stolen, officials said, you need to be informed and wary of spam, phishing emails and promises of protection by identity theft and credit repair services from future exposure.

Officials further warn individuals to be suspicious of communications regarding data breaches that do not come from credible sources.

If you receive a phone call or email you believe to be an extortion attempt, take the following measures:

- If the safety or wellbeing of someone is in imminent danger, contact local law enforcement immediately
- Do not reply to the email, click on any links, or open any attachments
- Report the email to the Internet Crime Complaint Center at <http://www.ic3.gov>

- File a complaint with the Federal Trade Commission at <http://www.ftccomplaintassistant.gov>
- Report the email to your email and Internet service provider
- Move the email to your spam folder
- If contacted through social media, report the contact to the social media provider

"The CID will continue to aggressively investigate and work with our global partners to prosecute those who threaten our military forces and attempt to defraud them of their hard-earned money," Andrews said.

Soldiers, Army civilians and their family members who have been threatened with extortion should contact their installation military police or CID office. Individuals can also email CID at Army.CID.Crime.Tips@mail.mil, or call 1-844-ARMY-CID (844-276-9243).

Beating the battle of the bulge: Tips to avoid holiday weight gain

By Kathleen A. Viau
Kenner Army Health Clinic
Fort Lee, Va.

Just when people finally get their eating pattern under control, the holidays always seem to roll round bringing a cornucopia of food temptations.

From the office to shopping, not to mention parties and Family events galore, it seems as if the Thanksgiving-to-New Year's celebration season is one long, tempting food fest designed to make everyone gain weight.

How can people beat this battle of the bulge? Dieticians recommend that people gain knowledge, not weight, this holiday season.

Here's what it takes to keep the pounds off.

Keep weight in check.

Weigh yourself in the morning, at least once or even twice a week Monday and Thursday during the holidays. This is enough to



Courtesy photo

It's common this time of year to be concerned about staying on track with your health and fitness goals. During the holiday season, more than ever, we tend to be surrounded by the temptation to eat more and exercise less, which, as we all know, is the textbook recipe for weight gain.

notice any slight increase from the week and to keep people in check for the weekend and vice-versa.

Jump start the body's metabolism for the day.

Get up and at it 15-30 minutes earlier and do some fun movement. Early morning workouts strengthen everyone's resolve for the day and revs up metabolism. Remember, energy creates energy physically and mentally. Consider purchasing a walking video, downloading a quick workout app, or "shaking it" with Hip Hop Abs or a Zumba video. A lot can be found on YouTube.

Be thrifty with calorie spending.

Peruse the buffet table and only take the foods enjoyed once a year. Don't start with sushi, especially if eaten all the time, and expect to be able to resist the chicken wings, which most people love, but avoid. Eat what is loved in moderation to stave off those cravings that get you in trouble later. Don't waste calories on foods anyone can eat anytime.

Avoid food-orexia.

Don't starve all day just to pig out at night. Eat lean protein and non-starchy vegetables throughout the day. It will keep blood sugar from dipping and spiking, and keep one full until the big event. The combo even gives calories to spare on an individual's favorite splurge.

Say "no" and mean it.

Empower willpower. Don't let others lessen your resolve. Each time someone says no it can strengthen them. But

remember, the stress is in the resistance. So, if people have to say no too many times, it may be better to decline an invite. Having to resist too much can backfire.

Holiday parties are social times, but they shouldn't leave an individual feeling guilty and depressed. Enjoy the festivities and a few favorite treats and to those "eating-encouragers," have a few planned responses such as:

1. "No thank you, I'm full."

2. "No thank you, I am on a special program and it's really working for me. I'm excited at the results I am getting."

3. "No thank you, I've already enjoyed some of my favorite goodies."

4. Comment on the spread/decorations and party-planners efforts.

Many times, compliments are what they want, not necessarily caring about what's on the plate. For those persistent partiers pause, look them in the eye, and smile. Say something like, "Why do you want me to eat more than I want to?" That will usually stop their food-pushing. Remember, nothing tastes as good as healthy and fit feels.

Intensify workouts.

Time is always in short supply during the holidays, but don't ditch a workout - just bump up the intensity to shorten the time.

If one usually walks on the treadmill for 30 minutes, do 15 minutes of higher-intensity intervals. If going to the gym is cutting into shopping time, use shopping as a workout - take the stairs, park farther away, walk faster

and after a purchase, take it to the car.

When standing in line, do calf raises, contract and relax abs, use a purse as a dumbbell, stand up straight, tighten shoulder blades - get creative to avoid just standing in place scrolling thru a phone.

Practice the three-bite rule.

Just have to have it? Take enough for three small bites - that amazing first taste, a satisfying middle and then a lingering finale bite -- and savor each bite. All the bites after that will taste the same and just add calories. When all else fails, go on the "No thanks, honey, I'll just have a bite of yours diet."

Avoid hangover food.

Don't take leftovers home or send them home with others. If it's not in your house, it won't tempt you and others in your household. If Family members insist, tell them to portion out what they want and put it in the freezer. Non-perishables? Keep them up high in the cupboard behind the cornstarch. In moments of weakness, people generally go for what they see first. Out of sight, out of reach, out of mind, off the hips.

Keep healthy snacks readily available.

Good options include fresh fruit in a bowl, dried fruits and nuts in snack packs, veggies and fruits cut up in the fridge, packs of tuna/salmon, yogurt and cheese sticks. Many times, snacking is about accessibility and visibility. Keep healthy snacks on hand, in sight, easy to grab 'n go.



Photo by Steve Elliott

Rear Adm. Rebecca J. McCormick-Boyle, commander of Navy Medicine Education and Training Command, talks to the members of the Joint Base San Antonio Armed Forces Action Plan forum during her opening remarks Nov. 3.

AFAP from P16

a voice in what they felt should be taken into consideration in shaping the standards of living and identifying issues related to the current environment.

The delegates - including military members, including active, Reserve, and National Guard, as well as family members, retirees, surviving spouses and Department of Defense civilians - were split into five workgroups to address issues to voice concerns and make recommendations for change to leadership.

"This is all about making life better," said Lt. Gen. Perry L. Wiggins, commanding general of U.S. Army North (Fifth Army) and senior Army commander of Fort Sam Houston and Camp Bullis in his opening remarks to the delegates Nov. 3. "You are all change agents and the lives you are changing affect all of us."

"It's a big responsibility being part of this process," said Rear Adm. Rebecca J. McCormick-Boyle, commander of Navy Medicine Education and Training Command. "You are the voice for others. It's important we all come together and give everyone that voice."

"You can and will make a difference," said Brig. Gen. Bob LaBrutta, commander of the 502nd Air Base Wing and JBSA. "You are part of something great. The AFAP forum gives senior leaders what they need to know from the grassroots level."

The AFAP Forum after action report will be released later this month.

"This is all about making life better."

Lt. Gen. Perry L. Wiggins, commanding general of U.S. Army North (Fifth Army) and senior Army commander of Fort Sam Houston and Camp Bullis



Closed for Training

The Military & Family Readiness Center is closed every first and third Thursday from 1-4:15 p.m. for in-service training. Call 221-2418 or 221-2705.

Employment Readiness Orientation

Mondays, 9-10 a.m. Military & Family Readiness Center, building 2797. Learn about employment resources and review services offered. Call 221-2380.

Screamfree Marriage

Monday-Tuesday, Military & Family Readiness Center, building 2797. This four-part series must be attended in order. Challenges previous notations about what marriage should be and focuses on learning to appreciate all that is right now and what will be in the future. Call 221-2418.

Screamfree Parenting

Monday and Thursday, 11:30 a.m. to 1 p.m., Military & Family Readiness Center, building 2797. This four-part series must be attended in order. A principle-based approach to parenting focusing on the parents, instead of kids, provides strategies to staying focused and calm during those frustration moments. Call 221-2418.

Anger Awareness

Monday, Nov. 23, and 30, 2-4 p.m., Military & Family Readiness Center, building 2797. This four-part series must be attended in order. Learn to identify triggers, signals, expressions of anger, and techniques to effectively control anger. Call 221-2418.

ness Center, building 2797. This four-part series must be attended in order. Learn to identify triggers, signals, expressions of anger, and techniques to effectively control anger. Call 221-2418.

Step-Families 101

Monday and Nov. 16, 8 a.m. to noon, Military & Family Readiness Center, building 2797. This two-part series must be attended in order. The step-family can be complex when it comes to family relationships. Discuss changes in the family dynamics, evolving roles, and the joys that come from being a step-parent. Call 221-2418.

Helping Us Grow Securely (HUGS) playgroup

Tuesdays, 10 a.m. to noon, Middle School Teen Center, building 2515. An interactive playgroup for infants and toddlers; open to parents and their children, ages 5 and under. Registration not required. Call 221-2418.

VOYA/VEA Nomination Process

Wednesday, 9-11 a.m., Military & Family Readiness Center, building 2797. Review the new nomination form and learn how to submit a nomination package for 2016 Volunteer of the Year Award and the Volunteer Excellence Award. This workshop will review helpful tips on how to write a winning nomination. Forms used from previous years are obsolete and will not be accepted. In order for your volunteer to be considered for the 2016 VOYA, nominations must be submitted no later than Feb. 29. To reserve a seat, call 221-2380.



Warrant Officer Association Meeting

The November meeting of the Lone Star Silver Chapter of the U.S. Army Warrant Officer Association will be at 5:30 p.m. Monday at the Longhorn Cafe, 1003 Rittiman Road, at the corner of Rittiman and Harry Wurzbach. All active duty, retired, Reserve, National Guard warrant officers and family members of current or retired warrant officers are invited. For more information, call 571-4967.

AccessAbility Fest

Joint Base San Antonio Exceptional Family Member Program consultants invite patrons to attend the 9th annual AccessAbility Fest from 11 a.m. to 3 p.m. Dec. 8, at El Mercado, 514 W. Commerce. The event is a gateway to resources, opportunities and independence. This comprehensive community initiative spotlights programs and services that support all abilities, physical, developmental, sensory and mental health challenges. This free event is open to the public.

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Military Salute At The Briscoe Museum

The Briscoe Western Art Museum, located at 210 W. Market St. in San Antonio, offers a military salute program that allows year-round free admission for active duty military and up to four members of their family. For more information, visit <http://www.briscoemuseum.org>.

Van Autreve Sergeants Major Association

The Sgt. Maj. Of the Army Leon L. Van Autreve Sergeants Major Association meets at 5 p.m. on the third Thursday of each month at the Longhorn Café, 1003 Rittiman Road. All active duty, Reserve, National Guard and retired sergeants major are invited. Call 539-1178.

Enlisted Association

Chapter 80 of the Enlisted Association meets at 1 p.m. on the fourth Wednesday of each month at the JBSA-Lackland Gateway Club. Call 658-2344.

Deadlines for mailing holiday packages announced

To ensure that holiday packages and mail are delivered in time for the holidays, the United States Postal Service recommends customers observe the following mailing and shipping deadlines:

- Dec. 1 - First Class International and Priority Mail International
- Dec. 8 - Priority Mail Express International
- Dec. 15 - Standard Post
- Dec. 19 - Global Express Guaranteed and First Class Mail
- Dec. 21 - Priority Mail
- Dec. 23 - Priority Mail Express

Celebrate America's Military events

FRIDAY

Fort Sam Houston Veterans Day Event
Speaker: Lt. Gen. Perry L. Wiggins, commanding general, U.S. Army North (Fifth Army) and senior Army commander of Fort Sam Houston and Camp Bullis
Location: MacArthur Parade Field, Fort Sam Houston
Time: 11 a.m. to 3 p.m.
The U.S. Army on Fort Sam Houston will host a "Salute to Veterans" ceremony and celebration. The event will welcome and honor our veterans and their families for their service and sacrifice to our nation. The event will include a military review ceremony, military static displays, food and more.
Call 221-0522 for more information.

SATURDAY

UIW Military Appreciation Football Game
Location: Benson Stadium at the University of the Incarnate Word, 4301 Broadway
Time: 2 p.m. kickoff
UIW football plays Lamar University with 2 p.m. kickoff. UIW Athletics and Extended Academic Programs will host a pre-game military appreciation tailgate. Free admission to the game and tailgate for all active-duty military, veterans, and Department of Defense employees with ID and their families. Children 5 and under are free. Parking is free. Visit <http://www.uiwcardinals.com> for more information.

USO and Brackenridge Park CAM Day for the Troops
Location: Brackenridge Park, Golf Course, Zoo, Witte Museum
Time: All Day
Tentative activities include visits to the San Antonio Zoo, Witte Museum, Kids Zone, train rides, softball tournament, golf, lunch and entertainment. Free for all military ID holders including active duty, family members, Guard, Reserves and retirees.

THURSDAY

Segs4Vets Presentation Ceremony
Location: Alamo
Time: 10 a.m. and is open to the public. Call 314-737-1344 for more information.

NOV. 21

UTSA vs. Rice Military Appreciation Football Game
Location: Alamodome, 100 Montana St., San Antonio
Time: 6 p.m.
Join fellow Roadrunner fans in honoring all veterans and active military during the Military Appreciation game when UTSA takes on the Rice University Owls. Tailgating begins at 11 a.m. For tickets, call the UTSA Athletics Ticket Office at 210-458-UTSA (8872). As a "thank you" to military personnel, generous donors have made tickets available for active duty and Reserve service men, women and their families. Call the UTSA Athletics office at 458-8036 for details.

Lose something on Joint Base San Antonio-Fort Sam Houston lately?

By Detective Joseph N. Cruz
502nd Security Forces Squadron

Joint Base San Antonio-Fort Sam Houston has a lost, abandoned and unclaimed property program responsible for tracking items turned in to the 502nd Security Forces Squadron's Base Defense Operations Center at building 2244, in accordance with

Air Force Instruction 31-206 and Department of Defense Directive 4160.21-M.

The BDOC will not take custody of property – except for weapons – left with another installation agency, such as personal property left in or around barracks, exchanges and commissaries.

Items turned in are

logged in and attempts are made to locate the owner. If the owner is not located, the property will be held approximately 45 days before it is transferred to the Base Property Disposal Board for disposal authority.

The Base Property Disposal Board may choose to dispose of the property by, turning

the property in to the Defense Reutilization and Management Office; donating the property to a military or private charity or as otherwise directed by the Installation Commander or Staff Judge Advocate office.

The property can be destroyed, converted to government use or through a no cost contract with a local

business/agency.

Anyone who has lost any property on Fort Sam Houston this year can call 221-2340 to inquire or claim any of the items listed below:

- 30 wallets
- 10 bicycles
- One scooter
- One lap timer
- One return duct
- One side door connector (interior/exterior)

• One X-ray printer
These items will be retained for an additional 45 days and disposed of if the owners are not identified.

In order to claim any of the above items, bring a form of photo identification (military CAC/ID, state ID or driver's license or passport) and be able to identify the property.

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